



City of Nashua,  
Division of Public Works  
Mayor Donnalee Lozeau

## 2015 FOOTBALL CAMP

### OFFENSIVE/DEFENSIVE TECHNIQUE DEVELOPMENT CAMP

BOYS AND GIRLS  
AGES 8 - 15  
JULY 13-JULY 17  
STELLOS STADIUM

\$105/RESIDENTS  
\$130/NON-RESIDENTS

\*\*\*TEAM DISCOUNTS\*\*\*



## WHERE TO OBTAIN PARKS & REC. INFORMATION



### Nashua Park and Recreation

Information about Parks & Recreation events and clinics being held throughout the summer will be available at the following locations:

- Jeannotte's Market
- Bright Spot
- City Clerk's Office
- Nashua Public Library
- Public Schools
- Private Schools
- The Parks & Recreation Department

The Parks and Recreation Department can also be reached via the City of Nashua's website at [www.gonashua.com](http://www.gonashua.com).

Questions or concerns can be directed to:

**Tom Dwane, Program Manager**  
[dwanet@nasuanh.gov](mailto:dwanet@nasuanh.gov)

**Kellie Oberholtzer, Program Coordinator**  
[oberholtzerk@nashuanh.gov](mailto:oberholtzerk@nashuanh.gov)

#### Nondiscrimination Policy

*The City of Nashua does not discriminate against any individual or group with respect to religion, color, national origin, sex, or handicap for the use of its parks and recreation facilities or any other programs.*

### 2015 NASHUA SUMMER FOOTBALL CAMP REGISTRATION FORM

Child's Name \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age \_\_\_\_\_ (At Camp Date)

Address \_\_\_\_\_ Home # \_\_\_\_\_ Emergency # \_\_\_\_\_ Team Name \_\_\_\_\_

Medical Problems \_\_\_\_\_ Email Address \_\_\_\_\_

If you play on a team please indicate Team Name and age Group \_\_\_\_\_

☐ **TUITION NOT REFUNDABLE AFTER JULY 6, 2015** Cost for Camp: \$105 RESIDENTS \$130 NON-RESIDENTS

(must check box) I have read, agree to and completely understand the Release and Waiver of Liability online at [www.gonashua.com](http://www.gonashua.com). I understand that the City of Nashua and those associated with the camp program will be absolved of all injuries or accidents incurred in this program. In the event of injury or accident, the staff has my permission to provide necessary medical care.

Parent/Guardian \_\_\_\_\_ / \_\_\_\_\_ Date: \_\_\_\_\_ (Sign Here) (Print Here)

Mail Check and Application to: Parks-Recreation Department, 100 Concord Street, Nashua, NH 03064-1729.

**Make Checks Payable to: City of Nashua**

## TEAM DISCOUNT

If 12 or more players from one team sign up for the football camp, each player will receive \$25 off

Please indicate team name and age group on the registration form.

## TOPICS

Areas of Instruction will include the following:

- Dynamic Stretching
- General Conditioning
- Blocking
- Speed Development
- Tackling
- Special Teams Play
- Offensive/Defensive Line Work
- Linebacker
- Offensive/Defensive Backs
- Quarterback



## CAMP CHECKLIST

- Football Gear (Based on Schedule)
- Athletic Shoes (sneakers)
- Football Cleats
- Athletic Socks
- Water Bottle
- Shorts
- T-Shirts
- Towel

## TOPICS

Areas of Instruction will include:

- Speed Development
- Tackling
- Special Teams Play
- Dynamic Stretching
- Conditioning
- Blocking

Instruction on techniques and fundamentals based on position including:

- Offensive/Defensive Line Work
- Linebacker
- Offensive/Defensive Backs
- Quarterback

## ITINERARY

Monday, July 13th

Helmets Only

- Introduction to Dynamic Warm-up
- Basic offensive/Defensive Skills
- Basic Blocking Techniques
- Basic Tackling Techniques

Tuesday, July 14th and Wednesday, July 15th  
Helmets/Shoulder Pads:

- Pre Practice (Special Teams and Skills)
- Dynamic Warm-up
- Offensive/Defensive Technique by Position

Thursday, July 16th

Full Gear

- Pre-Practice (Special Teams and Skills)
- Dynamic Warm-up
- Offensive/Defensive Technique by Position
- Offensive/Defensive Team Period

Friday, July 17th

Full Gear

- Pre-Practice (Special Teams and Skills)
- Dynamic Warm-up
- Offensive/Defensive Technique by Position
- Offensive/Defensive Team Period

## CAMP INFORMATION

**Days/Dates:** Monday, July 13 –Friday, July 17

**Times:** 6:00 PM - 8:30 PM. Staff will be available for a pre-practice period daily to work on offensive, defensive and special team skills.

**Location:** Stellos Stadium, Stadium Drive, Nashua, NH 03062

**Eligibility:** Must be between the ages of 8 and 15 at the start of the camp.

**Equipment:** Each player must attend with full football gear, including all pads, football pants/girdle, helmet and mouthpiece. Please contact your team (Pop Warner, PAL or school) to obtain this equipment before the camp starts. If you need assistance acquiring this equipment, please contact the camp director prior to the start of camp.

**Grouping:** All players will be grouped according to age and size.



## CAMP INSTRUCTORS

**Scott Knight**

Head Football Coach at Nashua South High School and his staff bring many years of coaching experience at both the high school and college levels.